Recipe for Getting Better

José Grosso

Ten grams of good sense in the head.

Serenity in the mind.

Balance of reasoning.

Elevation in the feelings.

Purity in the eyes.

Vigilance in the ears.

Lubricant in the neck.

Interrupter in the tongue.

Love in the heart.

Useful and unceasing service in the arms.

Simplicity in the stomach.

Good direction of the feet.

- Daily use in temperature of goodwill.